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Your essential daily news | Thursday, January 14, 2016

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Alberta's public sector wages frozen

metroNEWS

Minister rolls out LGBTQ guidelines

EDUCATION

School boards possess tool to draft inclusive student policy



Aaron Chatha Metro | Calgary

All 61 school boards across Alberta have received a set of guidelines to create policies that will protect LGBTQ stu-

They now have until March 31 to use the guidelines, as provided by Alberta Education, to create and submit their own policies for approval by David Eggen, minister of education.

Together, we'll be able to spur social change in a positive manner," said Eggen.

The decision to mandate that every board create a policy was sparked by a 2015 contro-

versy in the Edmonton Catholic School District, in which a transgender girl was not allowed to use the bathroom she identified with.

That was followed by a Metro investigation that revealed nearly 74 per cent of Alberta school boards did not have a policy in place to protect LG-BTQ students.

The guideline, a 21-page document, includes best practices, such as respecting an individual's right to self-identification in a line that reads: "Self-identification is the sole measure of an individual's sexual orientation, gender identity or gender expression."

Tamara Gordon, supervisor of psychological services with the CBE, said that was one of the big standouts of the guideline.

"A student's self-identification is what counts," she explained. "It's not a medical note, it's not a note from a psychologist. It's about the lived experience of the youth."

66

Together, we'll be able to spur social change in a positive manner.

Minister of Education David Eggen

Gordon said the document, upon first read, seems to be very comprehensive and will provide great direction and support for school boards.

Gordon also said the document contains items the CBE had already considered. They are hoping to have their own 35-page set of guidelines ready to release in February.

The guidelines also include a section for providing safe access to washrooms and change rooms, including gender-neu-

Advocate reactions, page 9

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HOUSING MARKET KEEPING COOL

-3.44%

CREB's forecast price decline on Calgary MLS listings

+4.1%

Royal LePage's forecast increase of home prices Canada-wide for 2016

The Calgary Real Estate Board and Royal LePage released their 2016 market outlook. Here are some of the highlights.



Calgary home prices are expected to drop another three per cent in 2016 across the board. Forecasters say that number will vary based on location and the type of home. Condos and luxury homes could see a greater slide. THE CANADIAN PRESS FILE

11,747

Forecast net migration to Calgary in 2016, according to Statistics Canada

\$438,652

CREB's forecast benchmark price of a Calgary home in 2016



Two reports on the Calgary housing market released Wednesday have a simple message: prices are going down in 2016, but not by much.

The Calgary Real Estate Board (CREB) and Royal Le-Page both released forecasts predicting a price drop in the three per cent range on Calgary homes in the com-

ing year.
Diane Scott, broker and owner with Royal LePage Solutions in Calgary, said she doesn't foresee any large fluctuations.

"I'm anticipating everything is going to stay much the same for the next quarter and stabilize through the year," she said. As a broker, she sees homes in the \$350,000 to \$500,000 range turning over steadily. It's the luxury homes and condominiums where she has seen sales slow down.

CREB is forecasting a decline of 3.44 per cent in the benchmark price of all Calgary sales. Apartment prices could decline 4.2 per cent, while attached homes could

3

I'm anticipating everything is going to stay much the same for the next quarter and stabilize through the year.

Diane Scott, Royal Lepage Solutions

decline by 3.5 per cent.

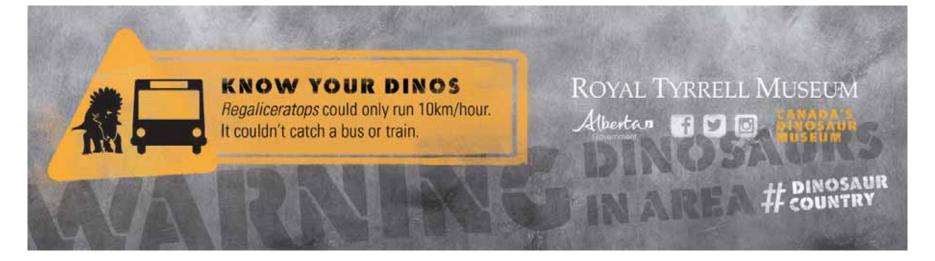
CREB chief economist Ann-Marie Lurie said that while the decline in oil prices is not directly correlated to home prices, it certainly has an effect on consumer confidence.

She said employment numbers have a greater direct impact on the housing market, and net jobs are up.

"There has been job growth in Calgary in 2016. I know it's hard to believe but there has been some and most of it is in personal services, education, those types of areas."

She said the numbers she'll be watching closely in 2016 are the inventory numbers. More properties sitting on the market means a greater supply, and that is what could really drive prices down.

"We know that we're in a weak demand market — it's a question of how much of that supply can get absorbed."



IN BRIEF

Statement usable: Judge

A judge has ruled that a Red Deer teen's statement to police after his arrest for alleged sex crimes involving minors can be entered into his trial as evidence.

Though now 18, he can't be named due to his age at the time of the alleged

He faces charges of sexual assault, sexual interference, sexual assault with a weapon and committing an indecent act.

It's alleged the crimes against a boy and four girls took place between 2011 and 2015 and some happened on trips with Scouts Canada and Cadets Canada.

The boy was arrested in June 2015 and gave an initial statement to police, which the judge ruled today was given voluntarily. THE CANADIAN PRESS

Crash hospitalizes three

Three men were taken to hospital after a collision between a sedan and a dump truck on McKnight Blvd. at 47 Street NE.

The crash happened around 12:30 p.m. on Wednesday. EMS paramedics responded with three ambulances.

One man was in critical, life-threatening condition. Two others were in serious but stable and non life-threatening condition.

The driver of the dump truck wasn't injured.

Traffic in the area was affected. EMS had no information as to what caused the collision.

A mother's anguish

HUMAN SERVICES

Newborn taken away from her, ministry won't give specifics



Helen **Pike** Metro | Calgary

Less than 24 hours after she gave birth to her child, Angie left the hospital distraught with an empty car seat and a form that read "Notice of Apprehension" with an X marking the spot reading "the child is neglected by the guardian.

Angie gave birth at the South Health Campus Tuesday.

"I had no idea that they were coming to take my child, she said. "I don't know how I could still be in the hospital's care and still be neglecting my baby.'

In a friend's home, where she was going to bring her newborn home from the hospital, Angie was in tears.

She had been working in landscaping throughout her pregnancy and living in an RV until she decided to spend her income assistance cash, \$627, on baby items and find a place to transition until she could afford to rent a home for her and her child.

The mother acknowledges she used cocaine and meth recreationally, but has been clean for a year. She has prenatal forms saying as much, with doctors jotting down notes about her social situation that read "no concerns."



The future of Angie's baby is still uncertain. ISTOCK



They won't help me financially, but they're going to give her to a foster family?

Angie, the baby's mom

Extensive documents viewed by Metro from doctors' visits during pregnancy and the midwife who helped with delivery show no indications of substance abuse, or concerns about the child's health.

'There's never been any drug use in my pregnancy at all - I wouldn't be showing up to my prenatal visits or having all the blood tests done if I had anything to hide. I'm starting over, starting fresh," she said.

Alberta Human Services isn't able to comment on specific cases due to privacy provisions in the Child, Youth and Family

Enhancement Act, but the Ministry of Human Services wrote in an email statement that it will be "looking into the specific circumstances surrounding this case."

Human Services did say, "A child is only apprehended as a last resort when their safety and well-being are at risk. Unless the child is at immediate risk, our first step is to try and work with the parent or guardian to support the child in their home.

The statement continues to say that action to take the child away is sought through a court apprehension order where a case worker must demonstrate to a judge that the family cannot ensure the safety of a child.

During her brief conversation with the social workers, they brought up her drug use and asked her to take a test, and agree to a home visit.

"We were sitting in the South Health campus ... and you're telling me they couldn't have took me downstairs and done drug testing — which I asked for," she said. "I offered for them to follow me home to where I was taking the baby. They wouldn't do that, either.

Angie has done the drug testing they asked, results that take seven days to complete. She's also been trying to contact the office for a visit with her child and hasn't heard back yet.

She said in checking in with her midwife she's found out that her child is now in foster care.

'They won't help me financially, but they're going to give her to a foster family? She needs to be with her mom."

Library gets new **location**



Brodie Thomas Metro | Calgary

The Calgary Public Library is getting ready to move its Shaganappi branch to a new building in nearby Westbrook.

The new location will be on the first and second floors of the city-owned transit station near the Westbrook Mall.

Bill Ptacek, Calgary Public Library CEO, said the library is always looking for ways to make the library more exciting and relevant, and the Shaganappi location was showing its age. He said the new location at Westbrook will have a coffee shop on the first floor. The collection will be built around themes to encourage browsing by interest.

"It's under construction now and my hope is that it will be open by the middle of March,' said Ptacek.

Patrons will have easy access from the CTrain as well, since the Westbrook station is right outside.

"We've also negotiated with the folks that run the parking at the shopping centre. You'll be able to park where the Walmart is," said Ptacek.

Errol Stewart, president of the Shaganappi Community Association, said the community is supportive of the new location.

They talked to us before they made that move," he said. "We've always been big supporters of the LRT. One the things we recommended was they put the library at the head of the LRT.'

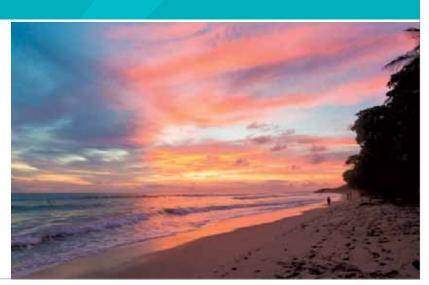
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Shouldice artificial turf revamp could mean less minor soccer

SOCCER FIELDS

Leagues may have to scale back, accept fewer players



Helen **Pike** Metro | Calgary

Minor soccer ranks could be shrunk as the city puts a fix on three northwest fields.

Shouldice Athletic Park's three artificial turf fields, mangled by the 2013 flood, are slated for a rebuild — one each over the next three sum-

The northwest athletic park is a hotspot for sports leagues, hosting soccer, football, lacrosse, softball and baseball players during their perspective seasons on both natural fields, the baseball diamonds and artificial spots.

'This is no good," said Daryl Leinweber, executive director for the Calgary Minor Soccer Association. "It's nice to get them done, but what we're looking at is a huge impact from what we're losing."
The league has already had



The impact to youth soccer is because these are going to be gone from April to the end of our season in July.

Daryl Leinweber

to scale back play time for their pint-sized players to deal with field shortage — artificial and natural — but in losing one artificial field for three summers in a row, and three natural fields, Leinweber said their league is now faced with the tough task of possibly turning players away.

"The impact to youth soccer is because these are going to be gone from April to the end of our season in July," Leinweber said, adding the city will be opening up fields in New Brighton. "We may come to the point of saying I'm sorry we don't have enough fields to accommodate kids in soccer."

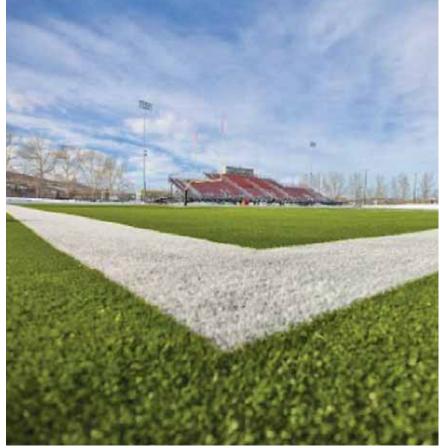
"There was significant groundwater during the 2013 flood," said Heather Bruce, manager of West Region Recreation for the City of Calgary. "That displaced some of the sub-base materials — sand and so on — and that resulted in sinkholes throughout some of the fields.

Calgary's frosty winters and the turf's proximity to the Foothills also contributed to 'heaving" in the turf.

Greg Peterson with the Greater Calgary Amateur Football Association (GCAFA) said his group uses the space most — and helped invest in the fields when they were built.

"It's got to the point where they're not playable," Peterson said. "What we have now is an opportunity to get the most updated technology for artificial turf fields ... it definitely is causing a little bit of adjustment, and it's not pleasant to do, but we're just going to have to schedule some fields on grass."

Bruce said they are working on a phased approach with



The city's plans for repairs at Shouldice Athletic Park will have major impacts on scheduling. METRO FILE

the three fields, taking them one at a time, starting with the Encana field in May 2016, over three years in order to ensure the teams aren't affected. Each field will take four to five months to complete — weather permitting.

"Given that there's issues

associated with storm water we wanted to do one of the river fields first," Bruce said. She added there are 77 user groups using the entire athletic park, which currently is undergoing a plaza redevelopment.

While under construction

the city plans to book up the natural fields available at the park to make up for the closed artificial turf fields. Peterson said those fields differ from playing on artificial turf, especially when it rains, as the city doesn't allow players on the grass when it's muddy.



Baseball diamonds also due for work

Baseball diamonds at Shouldice will also see work done at the same time as the city toils away on the artificial turf.

Caitlin Young is a softball player and longtime user of the diamonds at Shouldice. She said from what she has been told they will lose about a month of their season which will mean no city playoffs and championships to help prepare her team for provincials something she's not thrilled about but still something that has to be

"All the other city diamonds are booked or we can't use them because they have no lights," said Young, a senior softball player. In the past, players have complained about the state of the diamonds in comparison to the resources allocated to the football players.

Young said in this instance she hasn't seen the irrigation system used very often. Adding that may be the reason work has to be done to help get the system up and run-

Heather Bruce, manager of West Region Recreation for the City of Calgary said, like in the turf instance, the irrigation work is being done to lessen impact on players. HELEN PIKE/METRO

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SYRIAN REFUGEES

Landlords offer rental solutions to new arrivals

This issue is all

people are

aware of it.

Sam Nammoura

There appears to be a silver lining for Syrian refugees being asked to make large down payments on rental properties.

Metro reported Tuesday that many refugees said they were asked to pay six months' rent, plus a damage deposit in order to rent property, but since then local landlords have stepped up to say there are solutions.

Sam Nammoura said since the article was published he has received phone calls from two local companies, Calgary Housing Company and Premier Suites, who said they have solutions for

the refugees facing renting problems.

"He was trying to tell me we have other options, mittee to match people with apartments," he said. They want us to know that there

are solutions for those who are looking to rent, which is good."

Nammoura said one of the companies said they would of-

fer refugees a reduced temporary rate.

"He said they rent executive including a com- **over the map now**, suites and are willing to offer a really reduced price to those families as a temporary solution

until they find a better solution for their renting problems," Nam-

Metro reached out to both Calgary Housing Company and Premier Suites but did not hear back by press time.

Nammoura said it has given him and the refugees hope to have these people reach out to

"This issue is all over the map now, people are aware of it," he said. "They are calling me and making the effort to reach out which is really good and wonderful." LUCIE EDWARDSON/METRO



Moe Khawaja, franchise operator of Swiss Chalet in Shawnessy, said he is offering jobs to refugees in attempts to give them a hand up in a new country. JENNIFER FRIESEN/FOR METRO

Restaurant reaches out to refugees

EMPLOYMENT

Franchise operator aims to fill 10 jobs at his location



Lucie **Edwardson** Metro | Calgary

Moe Khawaja, who immigrated to Canada in 2001, knows the struggles of coming to a new country.

Now a business owner himself, for nearly a decade, Khawaja is using his position to help Syrian refugees who are new to Calgary.

"We're trying to help their situation by letting them make some money," he said. "I think a lot of people are hesitant to hire them because they are Syrian refugees, so for me I thought I should go and try and recruit them.'

Khawaja, franchise operator for Swiss Chalet in

Shawnessy, visited the Syrian Refugee Support Group Tuesday in an attempt to recruit 10 new employees, and he successfully recruited two.

"They were really happy because they haven't found any work yet, so their reaction was really good. They are eager to work," he said. "Hopefully the more people I meet the more I will be able to hire over the next few weeks.

Having moved to Canada as an immigrant himself, Khawaja said he can relate to some issues faced by the refugees, but said his personal experiences will assist him to help refugees face them.

"I can relate to the language barriers, the hesitation and the communication problems," he said. "I think it's all about getting them on board and helping them integrate for about a year and then I think the sys-

tem is so good that they'll automatically be on the right track. Just in the start they might need a little more of a push."

Yvonne Spies, a volunteer with the Syrian Refugee Support Group who is helping refugees with resumes and job hunts said she is impressed by Kha-

waja's initiative.

Two refugees have been hired so far. There are still eight job

openings, including line

door-to-door marketing.

chefs, food prep

dishwashers and

"It's really exciting," she said "I believe we will soon see more people stepping up



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Howie Mandel



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From Jan. 1 to Sept. 30, 2015, there were 213 Albertan deaths associated with fentanyl. Seventyfour of those deaths were in the Calgary zone and 55 were in Edmonton. THE CANADIAN PRESS

Fentanyl deaths to double: Expert

AHS doctor expects to see 400 fatal doses by end of 2016



Jeremy Simes For Metro | Calgary

A Calgary doctor said he expects 400 fentanyl deaths by the end of 2016.

Dr. Nick Etches made the comment to a crowd of about 60 Bow Valley College students Wednesday afternoon, as part of an Alberta Health Services (AHS) initiative to educate younger people about the deadly drug.

When Metro questioned the number after the presentation, Etches didn't want to repeat his estimate.

"I don't want to speculate on how many (deaths) we're going know that it's in the hundreds."

From Jan. 1 to Sept. 30, 2015, there were 213 Albertan deaths associated with fentanyl. Seventy-four of those deaths were in the Calgary zone and 55 were in Edmonton.

From Jan. 1 to Oct. 21, there were 1,310 emergency-department and urgent-care visits in Alberta due to poisoning by opioids. Of that, 276 were poisoned by heroin, which can contain fentanyl, Etches said. On top of that, 412 were poisoned by a synthetic drug.

During the presentation, Etches noted most fentanyl is cut with xylazine: a drug that causes the central nervous system to break down. When combined with fentanyl, it proves to be deadlier.

AHS has been supplying naloxone kits to various clinics throughout Alberta to tackle the crisis. The antidote is used to counteract the drug's overdosing effects and is considered a life-saver by health officials.

largely part of an initiative to see campuses have naloxone kits available to students who may require them. Two-thirds of overdoses occur in suburban areas, Etches said.

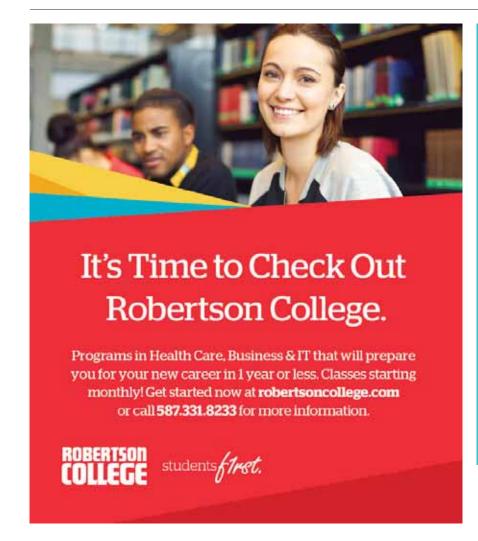
According to Etches' presentation slides, AHS has reviewed a Massachusetts-based study that found more lives were saved in cases where more naloxone kits are available.

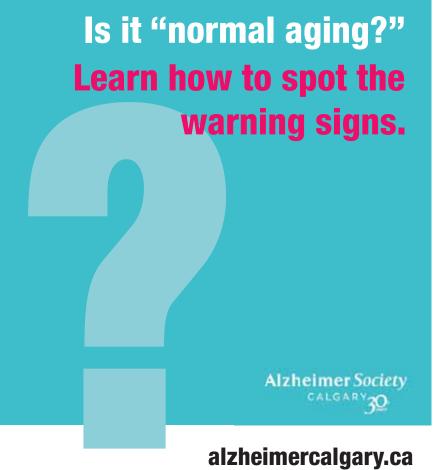
For example, fentanyl deaths could be reduced by 46 per cent if 10 per cent of addicts had a kit, he told students.

AHS also conducted a survey that found the majority of Albertans are interested in obtaining naloxone and that they want to save the lives of their fentanyl-addicted friends, according to presentation slides.

During the talk, he said there will be about 60 new drop-in naloxone sites available to Albertans within a few months.

Currently, family members of addicts cannot obtain naloxone for their loved ones.





LGBTQ guidelines report card

The province has drafted guidelines to help school boards establish LGBTQ policies. The new criteria get a passing grade from activists, with one caveat: they're not legally binding.

The right to self-identify



No documented proof needed to change gender on school records



Maintaining school records to respect student confidentiality



Practical examples of policy



Safe access to washroom and change-room **facilities**



Professional support for teachers



Bullying prevention and response



Government guidelines are legally binding



Advocates say room to build 'teeth' into school-board policy



Advocates applauded how comprehensive Alberta Education's guidelines were to protect LG-BTQ youth but also pointed out that they were only guidelines, and school boards may not use every item or the same language when drafting their own policies.

"Since the guidelines are not legally binding, it will be important for the school boards to give their work 'teeth,'" said Joan-Maki Motapanyane, assistant professor of women's studies with Mount Royal University.

"Where they make changes and develop policy, they should ensure there are clearly outlined procedures in cases of violation of those policies."

Motapanyane, along with Angela Reid, board member with the Trans Equality Society of Alberta, said one of the most important items they were looking for was a student's right to self-identify.

"I can say we are overjoyed to see that make it into the guidelines," said Reid.

In line with self-identification, Reid stressed the importance of the school board's abilities to change sex or gender on a student record — without the need of official documentation.

"It's also simply impossible for a lot of immigrant students to do," said Reid. "There's very

few places that allow you to change your birth records, and in fact, even after surgery in some cases. Texas for example doesn't allow you to change your birth certificate.'

Reid liked the idea of having a single-stall, gender-neutral washroom available to all students, regardless of reason.

"They really stress that it's a choice and not something that a trans student would be forced to use, because unfortunately that's been sort of a trend, she said. "Even as acceptance moves forward, there's still an element of othering that can occur.'

Angela Reid, Trans Equality Society of Alberta

forward, there's still an element

Even as acceptance moves

of othering that can occur.

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- Margo Desmarais, FPBA, Finance Team Lead, University of Alberta





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IN BRIEF

Paid informant part of **Travis Vader investigation**

Court documents show an RCMP undercover operation against a double murder suspect involved a paid informant.

New documents filed with the court say RCMP did not disclose to the Crown prosecutor the information, which included statements, letters, and documents showing how much the informant was

paid.

Travis Vader is charged with two counts of firstdegree murder in the deaths of Alberta seniors Lyle and Marie McCann in July 2010.

The McCanns were last seen in July 2010 while on their way to British Columbia. Their burned-out motor home was discovered, but their bodies have never been found.

THE CANADIAN PRESS

Man who pulled over driver really was a police officer

The long arm of the law really did reach out to pull over a driver in central Al-

RCMP have confirmed that a man who stopped a woman on a highway near Blackfalds on Tuesday was from a neighbouring detachment. They say he was driving an unmarked police vehicle with working emergency equipment.

Mounties offered no further details.

The woman had reported that a suspicious man dressed in black and trailing her in a Jeep Patriot had activated a siren and flashing head lights, so she pulled over.

She said he flashed a badge, asked for her insurance and registration and then gave her a "warning" before he drove off.

THE CANADIAN PRESS



PhD candidate Russell Avramenko holds the Moniezia benedeni (a fish tapeworm). JENNIFER FRIESEN/FOR METRO

Students really get parasites

Party aims to help public learn critters inside out



Helen Pike Metro | Calgary

Parasites are cool — at least a group of University of Calgary students ready to dedicate their life's work to studying the organisms think so. And they're hoping to show you why.

On Thursday at Telus Spark's adult-only night, a group of nearly 40 students and faculty members will be entertaining guests and teaching them how to Party With Parasites in an event that took students from several disciplines a year to organize.

"What we're doing is, the whole Host-Parasite Interaction group, which is made up of four faculties, we've got about 40 trainees and 10 labs," said Christina Amat, a PhD student in the Department of Biological Sciences.

"We've got a whole bunch of different programs that share about parasites and why they're cool and why we do research

on them."

Although some may think parasites are creepy, crawly and downright gross, exciting studies are showing some parasites may be good guys — and that's one of the things Amat and coorganizer Russell Avramenko, a PHD candidate in Veterinary Medicine, want people to take away from their event.

"We want people to take away a little bit of learning about what parasites are, Amat said.

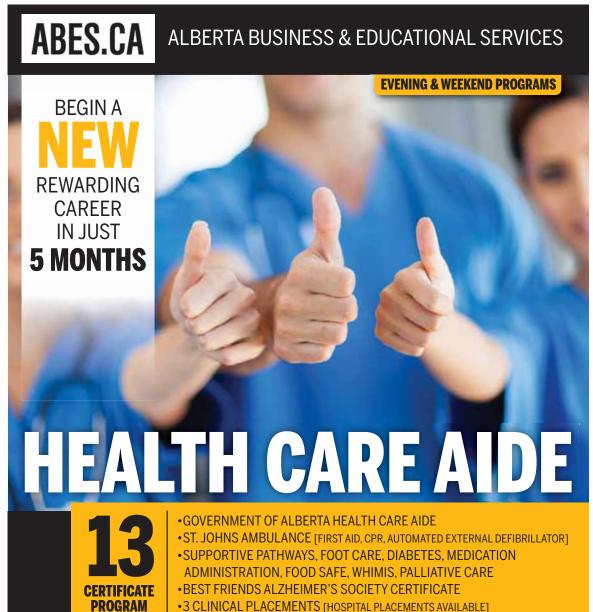
Some interesting lessons: Parasites can change people's immune responses against diseases like diabetes, parasites can have parasites and around 50 per cent of living organisms are considered parasites.

The night will include several interactive features, including a jar full of tapeworms, obstacle courses and DNA drink mixing.

"It's not just sitting at a booth and reading a poster; it's handson interactive," Avramenko



The event begins at 6:00 p.m. and wraps up at 10:00 p.m. More information can be found at sparkscience.ca.



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One Alberta woman spent more than three months looking for a midwife. Others have not been so fortunate. CONTRIBUTED

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additional midwife births

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MATERNITY

Demand far exceeds supply for home birth



Jeremy Simes For Metro | Calgary

Looking to get a midwife? Join the rat race, says Misti McFarlane.

McFarlane, a doula from Edmonton, was among hundreds of Albertan moms and dads who took to social media to let the government know that midwives deserve to be better funded.

Participants held placards, and one read, "Because my mom was denied an #abmidwife, my birth cost taxpayers at least \$1,200 more than my brother's. What is \$1,200 x 55,000 Alberta-born babies?"

Alberta sees about 55,000 newborns each year.

Another: "It took me over three months to get a midwife! I was on a wait list with over 1,000 other Alberta women."

The MaternityCare Consumers of Alberta Network (MCAN) launched the campaign.

McFarlane, vice-president of the organization, has her own story. She said when she managed to get a midwife for the birth of her second, she noticed she was a more capable mom.

"There were less visits to the

emergency room — there was no more anxiety," she said. "It changed my life."

Though the government invested \$1.8 million for midwifery services in 2015 — meaning 400 more midwife-supported births this year — McFarlane said more should be done.

"We are very grateful for the small increase in funding that we did see," she said. "However, babies are being born every day and women sit on the centralized intake list for their entire pregnancies without ever getting a midwife."

The group is hoping a new funding model for midwifery is established. On Friday, the

Alberta Association of Midwives (AAM) is meeting with Alberta Health Services to negotiate a new service agreement.

Nicole Matheseon, president of the AAM, said 3,900 families could get midwifery care if enough funding is

available for 2016. In 2015, 2,775 families received care.
She said more families could

She said more families could receive midwife care if the government played a larger role.

Health Minister Sarah Hoffman said the government has made progress on midwifery care, though there's more need for improvement.

"Given the tough economic times we are in, we will have to balance the needs in this area with the pressures facing the rest of the system," she said.



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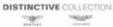














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Coun. Shane Keating is bringing forward a notice of motion to analyze the Green Line's carbon footprint in hopes of tapping into the province's carbon tax fund. JENNIFER FRIESEN/FOR METRO

Ball is in NDP's court: Councillor

Guidance needed before city can apply for funding



Helen **Pike** Metro | Calgary

In a not-so-entertaining tennis match, the City of Calgary is still rallying back and forth with the provincial government for the final third of funding needed to go full steam ahead with the Green Line project — and according to one councillor, the ball is very much in the NDP court.

Coun. Shane Keating is bringing forward a notice of motion to analyze the Green Line's carbon footprint in an attempt to appeal to the government's carbon tax fund.

"The issue with the province is that we have never once sat down with them and said 'give us a cheque tomorrow' or 'start the funds rolling in ASAP." said Keating. "All we're asking the

province to do is to come forward in their five year capital plan and All we're asking is in ... and how they will be able to fund it."

In Monday's council meeting both Keating and Mayor Naheed Nenshi joked the province's only response to Green Line questions is that an application isn't in yet, and that the city hasn't formally asked for money.

A spokesperson for the Minister of Transportation sent Metro a written statement about the Green Line funding options Wednesday.

"Our government remains committed to expansion of affordable, accessible public transit across the province. As part of this commitment,

we continue to meet with our municipal partners to discuss priority issues, including public identify that they will fund the **the province to do** transit," read the statement. "The Green Line once is to ...identify that City of Calgary the application is in ... and how they will fund the out to us to ask for funding, but we are open to proposals from

Green Line.... Shane Keating

anyone."

Keating noted that so far the city has identified four different ways the Green Line could be funded — when the city started talking Green Line there was only one.

The Ministry's statement continues on to say that a total of \$4.4 billion is allocated in the 2015-20 Capital Plan to new projects and programs.

Airdrie RCMP seek suspect in liquor store armed robbery

Airdrie RCMP are seeking the public's help in their investigation of an armed robbery that happened on Monday.

At approximately 11:45 p.m., a man entered the Eastlake Wine and Spirits liquor store and demanded cash from the

The man was armed with an imitation firearm which RCMP recovered nearby. The suspect fled on foot with an

undisclosed amount of cash and RCMP Police Dog Services were able to track him to a residential area where it is believed he entered a vehicle.

The suspect is described as a Caucasian male between five-foot-nine and six feet tall.

Anyone with information on this crime should call Airdrie RCMP at 403-945-7200 or Crime Stoppers at 1-800-222-8477.



Police image of a man who held up the Eastlake liquor store on Monday. CONTRIBUTED

Salary freeze for 7,000 in province

Managers and senior staff topping \$100K most affected

The Alberta government is freezing the salaries of about a quarter of its workforce for two years as it deals with nosediving oil and gas prices.

Finance Minister Joe Ceci said Wednesday the move affects 7,000 civil servants and will save \$57 million in total.

"This was not a decision we made lightly," Ceci told a legislature news conference.

"However, to maintain stability and to protect jobs within the public service we must deal with the economic realities we are facing.'

The move comes as the province moves into bargaining over the next two years with teachers, nurses and with its largest union, the Alberta Union of Provincial Employees.

Ceci was asked if the freeze was meant to send a message to union negotiators at the bargaining table.

That's a different process," he replied. "Future decisions with regard to collective agreements will take place at the bargaining table.

He added negotiations can't take place in an economic vac-

"Every Albertan knows that these are difficult times," he said. "I assume when collective bargaining occurs that the situation, the economy as we are in today, will be part of those discussions.'

Guy Smith, head of the AUPE, said the move is a shot across the bow in collective bargaining, but said it doesn't change anything.

"It's zeroes at the bargaining table anyway," he said. "When



Finance Minister Joe Ceci makes his announcement Wednesday at the Alberta Legislature. DEAN BENNETT/THE CANADIAN PRESS



Every Albertan knows that these are difficult times.

Finance Minister Joe Ceci

we go to the bargaining table that's (always) the employer's position."

Smith said most of the affected staff are managers and senior managers making more than \$100,000 a year.

The province will pay out almost \$25 billion this year in salaries — equivalent to half the total amount of government revenue.

The pay for cabinet ministers and legislature members has already been frozen.

Legislature members make almost \$128,000 with pay escalating depending on added responsibilities. Cabinet ministers pull in over \$190,000 a year and Premier Rachel Notley tops out at almost \$207,000.

Manager salaries have been a political football in years past under the former Progressive Conservative government.

In 2013, the government announced it was freezing pay for top managers for three years. A year and a half later it abandoned the promise and delivered to them a seven per cent pay hike over three years.

Ceci was asked if the freeze promise will be broken again.

"My expectation is what I'm announcing today is what I believe will happen," he replied. THE CANADIAN PRESS

Small-town's mayor worried about fracking-quakes link

The mayor of an Alberta town in an area of heavy hydraulic fracking is expressing concern over the oil industry's impact, after yet another earthquake hit his community.

Mayor Jim Ahn says the provincial government and its energy regulator are turning a blind eye to what's happening in Fox Creek.

He said he's worried the town's drinking water has been affected and that industry is draining too much water from lakes and rivers.

Ahn said new rules that are supposed to ensure fracking doesn't cause dangerous seismic events aren't working.

The mayor said well blowouts and earthquakes are harming Fox Creek's attempt to present itself as a good place to start a business and raise a family.

Ahn said he has invited Alberta Premier Rachel Notley to Fox Creek to discuss the town's concerns.

An earthquake measuring 4.8 on the Richter scale shook the town on Tuesday - the 367th seismic event since January 2015. THE CANADIAN PRESS



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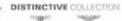












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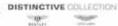














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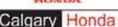
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Refugees Ahmad Hwichan, centre, and his sons Louai, left, 11, and Qusai, right, 8, at a Vancouver hotel they're living in temporarily. Ahmad was with a group of other newcomers at a welcoming ceremony Friday when a man on a bike pepper-sprayed them. DARRYL DYCK/THE CANADIAN PRESS

Pepper-spray attack victim still grateful

TOLERANCE

Sees hateful act as isolated incident

Ahmad Hwichan grimaces as he talks about coughing up blood and hearing children screaming in the aftermath of last week's pepper-spray attack in Vancouver.

The newly arrived government-sponsored refugee from Syria was one of about a dozen people sprayed by a man on a bicycle outside a welcome ceremony 10:30 p.m. on Friday.

Despite the suffering, the incident has failed to temper the enthusiasm and gratitude Hwichan and other refugees feel toward their adopted country and its citizens.

This doesn't change my point of view of Canada. It will never change," Hwichan said through a translator on

Tuesday, four days after the attack. "This was probably one guy who was drunk or, I don't know, crazy.'

He added in English without the help of a translator: "I love you Canada, so much.'

The pepper spraying prompted universal condemnation from political leaders, including Vancouver Mayor Gregor Robertson, B.C. Premier Christy Clark and Defence Minister Harjit Sajjan.

Syrian refugee Youssef Ahmad al-Suleiman, also hit in the attack, recounted how he and his fellow newcomers were stunned after Prime Minister Justin Trudeau took to Twitter and apologized on behalf of himself and the Canadian people.

"We're not used to this back home in our own country," al-Suleiman said.

"(Syrian President) Bashar al-Assad killed around 300,000 people and did not apologize once.

Al-Suleiman recalled a man cycle up to their group outside a Muslim Association of Canada centre. The man sprayed something once or twice toward the crowd and quickly left, he said.

Vancouver police spokesman Sgt. Randy Fincham has said Friday's incident is being investigated as a hate crime. THE CANADIAN PRESS



This doesn't change my point of view of Canada. It will never change ... I love you Canada, so much.

Ahmad Hwichan, one of newcomers attacked

FOREIGN AFFAIRS

Attitude to Hamas may shift

Federal officials have told Prime Minister Justin Trudeau that a truce between Israel and the militant group Hamas would be good for both parties.

The advice is in a memo written for the incoming prime minister, and represents what some analysts see as a shift in policy from nearly 10 years of Conservative rule under Stephen Harper.

The contents of the memo, obtained by The Canadian Press under the Access to Information



Israel denies Hamas talks

Canada lists Hamas as a terrorist group. Israel has denied sporadic reports that it's been talking with Hamas. THE CANADIAN PRESS

Act, are timely: Israeli warplanes bombed the Gaza Strip today, the first violent flare-up there since the 50-day summer war in 2014.

The memo shows the incoming Trudeau government coming to terms with a "geopolitically significant" development in the Palestinian-Israeli conflict, said Kamran Bokhari of the University of Ottawa's Security and Policy Institute.

"It's a pretty sharp contrast with the position of the Harper government, which was very much anti-Hamas and very much pro-Israel," said Bokhari. THE CANADIAN PRESS

Refugees getting short-term digs

Temporary housing on tap for newcomers

Thousands of Syrian refugees expected in Canada in the coming days could spend up to two weeks in temporary accommodations.

Those conditions will still be better than what people have left behind in Jordan, Lebanon or Turkey, where nearly all of the Syrian refugees coming to Canada are currently living, said Immigration Minister John McCallum.

When the current resettlement program was rolled out in November, the government said incoming refugees would spend a couple of nights in hotels near the airport before transiting on to their final destinations. For those with private sponsors, there would likely be homes ready but what would happen with government-assisted refu-

gees - those whose costs are covered entirely by government was always a question mark.

Ordinarily, those refugees are welcomed by settlement agencies that run temporary housing facilities, and they stay there for a few weeks before a permanent home is found.

But those organizations always had concerns that the sheer volume of Syrians would overwhelm those facilities, a fear that's now become a reality as the Liberals work towards bringing 25,000 people to Canada by the end of February.

The groups are providing daily feedback to the government on the number of beds they have available but at least three military bases are expected to be mobilized in the coming weeks to help house thousands of people.

Though government-organized flights of refugees will continue to land almost daily, the government's focus is now shifting to how to ensure the newly arrived are settling in

corporations sought by Immigration Minister John McCallum to help with settlement costs. Of that figure, \$20 million has already been raised. THE CANADIAN PRESS

as well as they can once those permanent homes are found.

Along with housing challenges, there is the reality of weaving thousands of new people into their new communities.

Ordinarily, refugees are given extensive predeparture briefings to orient them to life in Canada, covering everything from the weather to bank machines, but those efforts were jettisoned for this program in order to get people here faster. So all of that needs to be done now.

THE CANADIAN PRESS

Circus classes raise fitness bar

Just ahead of circus artist Andralyn Zayn's debut on the bungee trapeze, she miscommunicated with a technician in dress rehearsal and did a double-front flip straight into the bar.

Doctors didn't diagnose a concussion, so she slathered on enough makeup to hide the cylinder-shaped bump on her forehead.

'There are no breaks, and your body isn't your own," said Marissa Gough, 33, one of Zayn's circus partners.

Gough, Zayn, and her husband, Duane Steel, run a troupe called Deflying Fitness and travel across Canada and internationally as they train participants in circusinspired physical feats for exercise.

Circus-inspired fitness is part of a larger movement with established roots in

A trend including hundreds of circus schools, troops and offshoot ventures emerged from the rising popularity of Cirque du Soleil

"I'd think that within the last 10 years we saw that growing slowly but surely," said Christophe Rousseau, communications director for Ecole nationale de cirque. THE CANADIAN PRESS



Andralyn Zayn and Marissa Gough show how to do a handstand. THE CANADIAN PRESS





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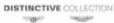














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16

Paris café reopens

With the blood and bullets now swept away, the Carillon café reopened its doors Wednesday for the first time since it was among the Paris sites targeted by Islamic extremists in November.

The French capital is trying to revive tourism and commerce after the attacks that cost 130

over the city.

"Welcome to the Carillon," bartenders said while opening the doors, offering a glass of champagne to the first customers, some of whom were altering between smiling and crying. THE ASSOCIATED PRESS

1 Patrons sit on the terrace of the Carillon café,

one of sites of the Nov. 13 terror attacks in Paris that killed 15 people.

2 People gather outside the Carillon café on Wednesday - its reopening day.

3 A barman serves drinks to patrons at the cafe. ALL PHOTOS AFP/GETTY IMAGES

Suicide bomber a registered refugee

TURKEY

Syrian who attacked tourists had ties to ISIL

The suicide attacker who detonated a bomb that killed 10 German tourists in the heart of Istanbul's historic district had registered as a refugee just a week earlier, Turkish officials said Wednesday, raising questions over whether extremists are posing as asylum-seekers to inflame anti-immigrant sentiment in Europe.

Turkish authorities identified the assailant in Tuesday's attack as a Syrian man who was born in 1988, and said he was affiliated with the Islamic State of Iraq and the Levant (ISIL). Turkish media, including some close to the government, identified him as Nabil Fadli and said he was Saudi-born. The extremist group has not so far claimed

Meanwhile, Turkish police arrested five people suspected of direct links to the bomb attack which took place just steps from the historic Blue Mosque in Istanbul's storied Sultanaĥmet district. The suspects were not identified.

The bomber had recently entered Turkey, authorities said, and Interior Minister Efkan Ala confirmed reports he had registered with an Istanbul branch of the Migration Management Authority, providing fingerprints that allowed officials to quickly identify him. Ala said the bomber wasn't on any Turkish or international watch lists for ISIL militants.

"This person was not someone who was being monitored," Prime Minister Ahmet Davutoglu said.

"It is a person who entered normally, as a refugee, as an asylum-seeker."

The attack wounded 15 people, including nine Germans and citizens of Norway, Peru and South Korea. Six of the victims remained hospitalized



This person was not someone who was being monitored.

Turkish PM Ahmet Davutoglu

on Wednesday.

Although not as deadly as two attacks in Turkey last year that were blamed on ISIL, Tuesday's bombing had heightened resonance because it struck at Turkey's \$30 billion tourism industry, which has already suffered from a steep decline.

The fact that the bomber had registered as a Syrian refugee suggests central planning by ISIL leaders, either to cover their tracks or provoke a backlash in Europe against legitimate Syrian asylum-seekers, said Firas Abi-Ali, an analyst with the security consultancy IHS Country Risk.

"It seems to make it less likely this was anything but a centrally commanded operation by the Islamic State," he said.

THE ASSOCIATED PRESS

metr

NEWS World

Britain to debate fate of anthem

GOD SAVE THE QUEEN

Bill will be discussed in parliament in March

British lawmakers agreed Wednesday to consider replacing the royalist song that serves as England's anthem at sporting events.

"God Save the Queen" is the national anthem of the United Kingdom — made up of England, Scotland, Wales and Northern Ireland — and is played at the Olympics and other events where the U.K. fields a single team.

At contests where the four areas compete separately, such as the soccer World Cup, England and Northern Ireland use "God Save the Queen," but Scotland and Wales have their own official songs: "Flower of Scotland" and "Land of My Fathers."

Labour Party lawmaker Toby Perkins said adopting an English anthem would "re-establish the idea that the United Kingdom is a union of four separate nations with their own identities

Perkins told the House of Commons that "Jerusalem," regarded by many as England's unofficial anthem, was the most obvious choice. The song, whose words are by mystical 18th-century poet William Blake, vows to transform a country of "dark satanic mills" into a "green and pleasant land"



THE ASSOCIATED PRESS

like the ancient England that, legend says, was once visited by Iesus Christ.

Opposing the motion, traditionalist Conservative legislator

What greater pleasure can there be for a true-born Englishman or true-born Englishwoman than to listen to our own national

anthem? Conservative Jacob Rees-Mogg

Jacob Rees-Mogg said an English anthem would divide Britain.

"What greater pleasure can there be for a true-born Englishman or true-born Englishwoman than to listen to our own national anthem?" Rees-Mogg said.

Lawmakers agreed to hold a full House of Commons debate in March on Perkins' bill, which calls on the government to consult the public on a new anthem. THE ASSOCIATED PRESS

UNITED NATIONS

Global migration hits 15-year high

The number of people who migrated to foreign countries surged by 41 per cent in the last 15 years to reach 244 million in 2015, according to a United Nations study released Tuesday.

Of those people, 20 million are refugees. The UN is planning a series of meetings to address migration in 2016, including a March 30 gathering in Geneva where countries will be invited to pledge resettle-ment spots for Syrians fleeing civil war. But while the Syrian crisis has gripped the world's attention, it is but a drop in the sea of international migration.

WHERE ARE THE **MIGRANTS GOING?**

The vast majority go to Europe,

home to 76 million international migrants in 2015, or two-thirds of the total. By individual country, however, the United States had by far the largest portion of the world's migrants: 47 million, or a fifth of the total. Germany and Russia shared the No. 2 spot with about 12 million each, followed by Saudi Arabia (10 million) and the United Kingdom (nine million).

WHERE ARE MIGRANTS **COMING FROM?**

The largest portion comes from Asia: about 104 million or 43 per cent. While Europe takes in the biggest number of migrants, it also contributes a large number: 62 million, or 25 per cent of the total. Latin America and the Caribbean was the third-largest regional source of international migration, with 37 million or 15 per cent.

WHO ARE THEY?

They are almost equally divided by gender: 48 per cent are women. Not surprisingly, most are working-age. The median age of migrants in 2015 was 39. A significant portion — 15 per cent — were under 20 years old. But country populations will not get any younger as a result. The United Nations said international migrants can help ease old-age dependency ratios, but all major areas of the world are still projected to have significantly higher old-age dependency ratios in 2050. THE ASSOCIATED PRESS





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World metr
NEWS

Kerry defuses Gulf crisis

INTERNATIONAL RELATIONS

U.S. sailors released after diplomatic negotiations

It turned out to be the international crisis that wasn't.

Less than a day after 10 U.S. Navy sailors were detained in Iran when their boats in the Persian Gulf drifted into Iranian waters, they and their vessels were back safely Wednesday with the American fleet

day with the American fleet.
U.S. Secretary of State John
Kerry tapped the personal
relationship he has formed
with Iranian Foreign Minister
Mohammed Javad Zarif in the
three years of negotiations over
Iran's nuclear program, speaking with him at least five times
by telephone. Kerry credited
the quick resolution to the

"critical role diplomacy plays in keeping our country secure and strong."

U.S. Defence Secretary Ash Carter thanked Kerry after the sailors' release and couched the incident in humanitarian terms, noting that "the U.S. Navy routinely provides assistance to foreign sailors in distress."

For Tehran, the Americans' swift release was a way to neutralize a potential new flashpoint days before it was expected to meet the terms of last summer's nuclear deal, which will give Iran significant relief from painful economic sanctions.

It is likely that Supreme Leader Ayatollah Ali Khamenei, who has the final say on all matters of state, would have had to approve the release, given the immense political sensitivities.

THE ASSOCIATED PRESS



This frame grab shows American Navy sailors held by Iranian Revolutionary Guards. IRIB NEWS AGENCY/THE ASSOCIATED PRESS

IMMIGRATION

Cuban migrants leaving Costa Rica

After more than three months stranded in Costa Rica, 180 of the 8,000 Cuban migrants trapped there finally began their long-awaited trip north toward the U.S. border, flying to El Salvador and then travelling by bus to Guatemala on Wednesday.

The first pilot flight took off

The first pilot flight took off from Costa Rica's Daniel Oduber airport in the northern city of Liberia late Tuesday night as part of a regional agreement to overcome Nicaragua's refusal to let them through by land

to let them through by land. The migrants appeared to get special treatment along the way: They were greeted by El Salvador's foreign minister upon arrival in that country even as, when they got to the Guatemalan border, they saw a busload of Salvadoran migrants headed the other way after being deported back from the United States.

The Cubans won't have to worry about that due to a U.S. immigration policy that lets them stay if they reach the United States. That special status initially raised some resentment in Central America nations whose citizens are often deported from the U.S. if they enter without visas.

But the Cubans' trip was

180

Number of Cubans of the 8,000 trapped in Costa Rica who, after three months, finally began their planned trip to the U.S. border.

smooth so far. Private chartered transportation and transit visas had already been arranged.

"It has all been very quick, thank God," said Ruben Chil Cruz, who left his wife and two children behind in Cuba. But Chil Cruz said he wasn't

But Chil Cruz said he wasn't sure exactly how he would cross Mexico, known for vicious at tacks on migrants, especially those from Central America. For most Central American

For most Central American migrants, the trip takes weeks or sometimes months.

Cuban migrants previously got through even faster by travelling a well-established route through Ecuador — which until December did not require they secure entry visas — and then north through Central America. But close Havana ally Nicaragua closed its southern frontier to the Cubans Nov. 13, creating a logjam of thousands stuck in Costa Rica. THE ASSOCIATED PRESS



A Mexican migration agent helps a Cuban migrant at Ciudad Hidalgo. Mexico. Moises Castillo/The ASSOCIATED PRESS





An employee of the Royal Collection Trust looks at the Tree of Life, a gift presented to Queen Elizabeth II from Mexican President Enrique Pena Nieto. FRANK AUGSTEIN/THE ASSOCIATED PRESS FILE

Carving of a peach gift fit for a queen

Honey butter, baby booties among other **Royal presents**

What does the woman who has everything get as gifts?

A list of official gifts received by Queen Elizabeth II from world leaders and dignitaries during 2015 features jewelry, ornaments and some more unusual choices — including homemade honey butter from Michelle Obama, and a marzipan model from the German president.

Buckingham Palace said Wednesday the U.S. first lady offered a gift box of lemon verbena tea, a candle, two



The Queen. GETTY IMAGES FILE

small pots of honey and a jar of honey butter from the White House kitchen garden during her June visit to Britain. She also gave the queen a Tiffany & Co. silver "honeycomb and bee bud vase."

The governor of the British Virgin Islands presented "a bag of salt," which stood out from a long list of traditional items like animal figurines, paintings and books. German President Joachim Gauck offered a marzipan model of the Brandenburg Gate, while Chinese President Xi Jinping gave a book of stamps, a woodcarving of a peach, and two CDs of music featuring his wife, a well-known folk singer.

Prince Charles received baby items like booties, a wooden rattle and tiny clothes for his grandchildren Prince George and Princess Charlotte during his official visits last year.

All official presents to royals are recorded every year. They can eat any food, use any gifts, donate items to charities, display them in royal properties or put them in storage. Gifts must not be sold or exchanged. THE ASSOCIATED PRESS

Syrians seize town with Russian help

Backed by relentless Russian airstrikes, Syrian troops and allied militiamen on Wednesday pushed deeper into a major rebel stronghold in the northwestern province of Latakia, a day after seizing a key rebelheld town in the strategic region overlooking the coast, the government and opposition activists said.

Insurgents in the oppositionheld area near the Turkish border were collapsing after the town of Salma fell to government loyalists late Tuesday. Salma's fall marked one of the

most significant military victories by the Syrian military since Russia began airstrikes last September to shore up President Bashar Assad's forces.

On Wednesday, government troops seized the villages of Mrouniyah and Marj Kawkah near Salma as they continued their advances in the region, aided by Russian firepower.

Salma, part of mountainous chains near the border with Turkey known as Jabal al-Akrad and Jabal al-Turkmen, has been under rebel control for three years. THE ASSOCIATED PRESS



PEACE TALKS

Rebels say they'll skip **Geneva if UN terms unmet**

Rebel groups in Syria say they are rejecting peace talks in Geneva later this month unless humanitarian conditions mentioned in a UN resolution are fulfilled.

In a statement Wednesday, the Free Syrian Army and 33 other factions and rebel groups - including the powerful Army of Islam — say the humanitarian clauses specified in the resolution must be met.

Unless this happens, the statement says: "We reject going ahead with any negotiations." THE ASSOCIATED PRESS



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Join us on Tuesday, February 2 at 6:30 pm in the Irene Lewis atrium in the Stan Grad Centre. Call 403.284.8641 or Email ma.info@sait.ca to confirm your attendance or for more information.





IN BRIEF

Loonie closes below 70¢

The Canadian dollar has closed below 70 cents U.S. The loonie finished at 69.71 cents U.S. The last time it closed this low was on April 30, 2003, when it was 69.76 cents US. THE CANADIAN PRESS

Al Jazeera America says it is shutting down

Cable news network Al Jazeera America says it will stop operating by April 30 just 2-1/2 years after its launch in August 2013. While it won some awards, not many people watched the channel.

Postmedia to cut costs faster and deeper

Postmedia Network is accelerating and hiking its goal to cut costs as it continues to bleed advertising, print circulation and digital media revenue. It is aiming for cost reductions of \$80 million by mid-2017 - up from \$50 million in cuts by the end of 2017. THE CANADIAN PRESS

Corus buying Shaw's media division in deal worth \$2.65B

ing its media division to Corus Entertainment for \$2.65 billion — a deal that will help fund the telecom company's purchase of Wind Mobile.

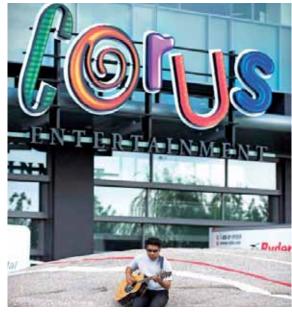
Shaw Media includes the Global Television network and 19 specialty channels including HGTV Canada, Food Network Canada and Showcase — formerly part of the Canwest business group before it was split up.

Corus already owns a number of other specialty TV channels as well as a network of radio stations and the Nelvana animation studio.

Both companies are controlled by the Shaw family through its voting shares. Shaw Communications will become a large shareholder in Corus as a result of the deal, which involves both cash and shares.

It's the second major deal for Shaw Communications in recent weeks. It announced on Dec. 16 that it's buying Wind Mobile for \$1.6 billion.

THE CANADIAN PRESS



Corus Entertainment will acquire the Global Television network and 19 specialty channels including HGTV Canada, Food Network Canada and Showcase when it closes its deal to buy Shaw's media division. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Join the club, share a room

The number of

cities in which Winston Club will

operate on the U.S. west coast

including Seattle Portland and Las

Service offers travellers option to split hotel cost

Want to stay at a five-star hotel in Los Angeles or San Francisco for half-price?

You can, but the only catch is you would have

to share it with a stranger.

Welcome to Winston Club, a new website that launches service in March, taking the sharing economy to its literal sense.

"We are catering to travellers, often those who are selffunded, who enjoy

the comforts of a four- or fivestar hotel, but are looking for a more economical price point,"

said Bryon Shannon, founder and CEO of the Seattle startup.

It plans to start in five cities on the U.S. west coast including Seattle, Portland and Las Vegas with a dozen hotels, though every room will have two beds, so there shouldn't be any scenes from the movie Planes, Trains and Automobiles.

Shannon concedes the idea of sharing a hotel room with a stranger is not for everyone,

but argues people are more willing to try new things these days. "Companies in the sharing economy had a little bit of pushback initially. With Uber it was jumping into a car, or with Airbnb, it's staying in a stranger's home," he said.

Winston Club acts like a travel agent,

booking rooms with hotels, and taking a commission from the hotel. TORSTAR NEWS SERVICE

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PRE-BUDGET TOUR

Economic woes follow finance minister

No matter where Bill Morneau has taken his pre-budget roadshow, the economic storm clouds have gathered overhead.

The federal finance minister's cross-country tour, created to consult Canadians as he crafts his first budget, has been overshadowed by the rapidly deteriorating economic situa-

On top of focusing on the new Liberal government's plans to help middle-income Canadians and spur economic growth, Morneau has had to explain the "considerable headwinds" that he acknowledges have "no quick, easy fixes."

Canada's commodity-heavy economy is suffering from a toxic combination of still-falling resources prices, mount-

ing business and consumer pessimism and eroding fiscal conditions that are gnawing away at the government's bottom line.

'The challenges that we face

today are real," Morneau told a business crowd Tuesday in Montreal.

US per barrel.

Those obstacles include tum-

bling crude-oil prices, a key determinant of government revenues and overall economic health. Canada has been struggling since the

late-2014 oilprice shock, which forced the economy to contract The price of crude oil this over the first week. Some analysts have warned it could fall to \$20 two quarters of 2015.

late Ιn November,

Morneau released a fall fiscal update that based its calculations using private-sector projections calling for oil to average \$54 per barrel in 2016. The prediction seemed optimistic at the time; oil was about \$40 US.

This week, crude prices slid to \$30 US and some analysts have warned it could fall to \$20 US per barrel.

The drop in oil prices has also dragged down the dollar, pushing it to about 70 cents US - its lowest level since 2003.

But even as the low loonie drives up some consumer costs, like vacations abroad and supermarket prices, experts say that overall, it should help the economy, particularly when it comes to exporters.

THE CANADIAN PRESS





METEWS

Your essential daily news

Thursday, January 14, 2016



The decrease since 2004 in the proportion of Canadians who use cocaine or crack, according to Health Canada.

The crack epidemic in North American cities during the 1980s and '90s lined the pockets of Latin American drug lords such as El Chapo and Pablo Escobar because nearly all of the world's coca leaves (cocaine's raw material) are grown in Colombia, Bolivia and Peru. But for well over a decade now, cocaine has been losing its cool factor. In 2004, 1.9 per cent of Canadians said they'd used some form of cocaine in the past 12 months, but by 2012, the last year for which data is available, only 1.1 per cent said so. Although the war on drugs, and its accompanying crackdown on trafficking, likely had something to do with this, experts believe cocaine just kind of went out of style in addition to getting much more expensive relative to other drugs. Canadians are still getting high en masse, but more are popping prescription pills than packing crack pipes — although with marijuana soon to be legal, our habits may be about to shift again.

SOURCE: CANADIAN ALCOHOL AND DRUG USE MONITORING SURVEY

Sweeping, secretive air travel policy doesn't fly

Faisal Kutty and Mustafa Jilani

In the wake of the six-yearold caught in Canada's no-fly web, the government has promised to examine changes to the program. "(It's) no fault of their own," says Ralph Goodale, the minister of public safety, adding that false positives "can present an awkward situation" and "a feeling of stigma."

Awkwardness and stigma may not quite fully convey the extent of the impact for the hundreds or thousands on the list and those with similar names. Lost jobs, separation from family, fear,

Over the years, many have been caught in limbo.

anxiety and uncertainty are all too real.

The program introduced in 2007 created the Specified Persons Advisory Group (SPAG), which identified individuals who posed an "immediate threat" for inclusion on the Specified Persons List, which airlines are mandated to screen against. Once flagged, a Transport Canada official could authorize boarding, request extra screening or issue an "emergency direction" to prevent boarding.

A denied person could apply to the Office of Reconsideration. However, as evident from court documents in the Hani Al Telbani case, the office's power is only illusory. The office concluded that CSIS relied on "vague and incomplete" information and had no basis to add Al Telbani. The SPAG ignored the recommendation and kept him on the list.

Over the years many have been caught in limbo. Laureen Kinney, director general of aviation security at Transport Canada, testified to a 2010 parliamentary committee that there were about 850 false positives within the first three years.

Rather than addressing concerns, the Secure Air Travel Act (part of the anti-terror legislation passed last year) exacerbated them. It authorized the establishment of a list of people who the government has reasonable grounds to suspect will, with or without intent, threaten transportation security or commit a terror offence. This, along with other changes ushered in by SATA, ensured the list would quickly grow.

The new anti-terror legislation will also make it more difficult for anyone caught up in the no-fly list to find recourse. Under the new law, such a person must apply directly to the minister of public safety within 60 days to challenge a listing. This is akin to having the fox guard the henhouse.

Ironically, as the U.S. eases up on its own lists in response to civil-rights law-suits, the Canadian list is becoming more secretive, sweeping and less accountable.

Watch lists may serve a limited legitimate function, but they must be used cautiously. The government's appeal to national security should not exempt it from accountability, oversight and a meaningful redress mechanism

Faisal Kutty is counsel to KSM Law in Toronto and an adjunct professor at Osgoode Hall law school. Mustafa Jilani is an associate at KSM Law.

ROSEMARY WESTWOOD

metroview

If El Chapo's devotion surprises you, it shouldn't.

If you slogged through Sean Penn's sometimes unintelligible ode to drug kingpin El Chapo in Rolling Stone magazine, you perhaps know a few more things than you used to.

Penn loves his own penis. Joaquín Archivaldo Guzmán Loera — or El Chapo, the world's most powerful drug trafficker — has charisma as well as the blood of thousands of Mexicans on his hands. And he believes in God.

In the interview, such as it was, El Chapo recounts asking God for help escaping from prison (he's since been recaptured). He thanks God that his mother is still alive and says he wants to be with his family for "the days God gives me."

If this devotion comes as a surprise to you — as it did to some — it shouldn't.

Drug traffickers across Latin America are typically religious, and Catholic, like just about all their neighbours.

"Latin America is the most Christian region on earth," says R. Andrew Chesnut, chair in Catholic studies at Virginia Commonwealth University in Richmond and an expert on Latin American religious history. Ninety per cent of Latin Americans are Christians, and 40 per cent of the world's Catholics live in Latin Americane he says

It is Colombian traffickers who exported St. Jude — the patron saint of lost causes to Mexico, where he's now widely popular, Chesnut says. Traffickers' faith is "not so

much about Christian morality," he says. Since the threat of death is everywhere, divine protection "is the most important function of both the Catholic and folk saints popular among narcos."

That creates a fraught relationship, to say the least. On one hand, Latin American churches have been accused of money laundering, via cartels' donations or "narcolimosnas." Meanwhile, a slew of priests who publicly oppose drug cartels have been murdered in recent years.

Then there are folk saints, most notably Santa Muerte, figures not recognized by the Catholic Church but wildly popular among traffickers.

Saint Death is also known as a healer, a miracle worker and agent of prosperity, says Chesnut, who wrote a book on her. "If you're looking at narcos in Mexico, the most important religious figure for them is Santa Muerte."

That has made her "Religious Enemy No. 1" to the Mexican government, he adds, and a challenge to the church, too. But fighting the spread of beliefs is as hard as fighting the spread of drugs.

As for God's guiding hand in El Chapo's life, I imagine, in the drug lord's familiar old place behind bars, he's got a bone to pick with the Almighty



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This is the time of the year to pull up your socks and be a better you. Here are books to inspire: physically, emotionally,

intellectually and spiritually. TORSTAR NEWS SERVICE

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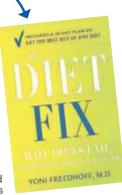


Every Time I Find the Meaning of Life, They Change It

Daniel Klein's new book began as a notebook titled Pithies, and contained thoughts from history's great philosophers. As a young man he hoped these notes on "how to live the best life" would offer direction. As an old man, he finds the quest useful, and expands on his longago pithies in hopes of helping others.



What would a new year be without a resolution to lose weight? It isn't so much a diet book as an anti-diet book. Yoni Freedhoff, an Ottawa doctor, examines why 90 per cent of diets fail, and offers common sense help with a 10-Day Reset that he says can change your relationship with food forever. Tall order. Nothing else has worked, so this might be worth a try.

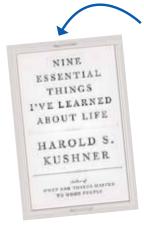




Design the Life You Love

Your essential daily news

Ayse Birsel is the creative director and principal of Birsel + Seck, the New York design studio she founded with her husband, Bibi Seck. Her book is a beautifully designed self-help manual filled with words (hand-printed by the author) and pictures (doodles, drawings, cartoons and comic strip/graphic novel panels, vision maps and other creative tools) that is fun to flip through and filled with creative ideas for designing your best life possible. In her introduction, Birsel says the workbook (she prefers, "playbook" to put the emphasis on fun) represents the "intersection of my design process, Deconstruction Reconstruction, and my biggest project, my life."



HAROLD S. KUSHNER

Nine Essential Things I've Learned **About Life**

Harold S. Kushner, an American rabbi, is the author of 1978's memorable When Bad Things Happen To Good People and his subsequent books have similarly dealt with faith's thornier questions. He writes for a general audience - which is to say you don't have to be Jewish to gain spiritual sustenance from what he has to say. His chapter titles draw you in.



WHOOPI GOLDBERG

If Someone Says, "You Complete Me," RUN!

Whoopi Goldberg has been married three times and had several other non-wedlock unions. She has concluded that finding the One isn't for her. So what can she tell us about managing a relationship? Plenty. Over 16 chapters, the actress, comedian and TV moderator, navigates the shoals of being with another.



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Teenage rebellion with a red streak

RED STAR TATTOO

Larsen pens memoir about being teenage revolutionary

Sue Carter For Metro Canada

From James Dean to Justin Bieber, rebellion has always been part of the teenage experience. Usually, it's no more dramatic than cutting the occasional math class or stealing a bottle from the liquor cabinet. But for Sonja Larsen, rebellion meant joining a radical left-wing political party and becoming the youngest member of its militia, an astonishing experience she chronicles in her new memoir, Red Star Tattoo: My Life as a Girl Revolutionary, published by Random House Canada.

Mind you, Larsen did not

come from the most conventional family. She spent many of her formative years living in communes with her hippie parents, where sex and drugs were far from taboo, and Larsen was encouraged to make all her own decisions. Now 50 years old, Larsen acknowledges that some readers will think her parents were neglectful, but in hindsight, she views the situation differently.

"In the moment it was pretty empowering to be able to chose what I wanted to do, and to express myself," she says. "In the long run, my relationship with my parents was a sustaining force in that respect they had for me. They let me speak my mind and pursue the things I wanted to."

One thing that 16-yearold Larsen wanted to pursue on her own was moving to New York to join the National Labor Organization, a secret group preparing for the second American Revolution, led by the charismatic Gino Perente, known as the "Old Man." Larsen would soon become a mistress to Perente (later discovered to be a lifelong con man), which isn't even the most shocking situation that she would find her-

For years, Larsen, who is now a youth worker on Vancouver's tough downtown Eastside, didn't share her past with friends, joking that those stories are a bit hard to just drop into cocktail conversation. Let's talk about the year I didn't go outside.

She always knew that she wanted to write, but her own story felt like a giant obstacle. It wasn't until she turned 40 that it felt like a "now or never" situation. "It really felt like if I started writing, I was going to write that story, and I wasn't sure, up until then, that I was ready," she says. "It would mean revealing a lot of other people's secrets and just being quite exposed and disloyal.



Those stories are a bit hard to just drop into cocktail conversation. Let's talk about the year I didn't go outside.

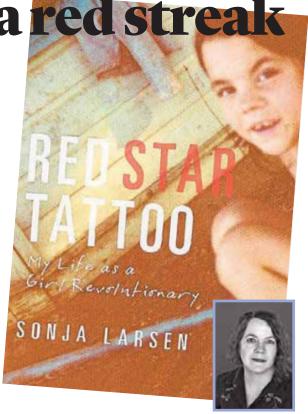
Sonja Larsen

When she finally realized she needed to write to be happy, the biggest challenge Larsen faced was how to tell her story. In the end, she decided to keep it simple, a chronology of her early life told through personal mem-

"I didn't want to tell it backwards with the insight I have now," she says.

"I wanted to tell it forward as the kid and the person that I was then, trying to figure everything out."

Sue Carter is the editor at Quill & Quire magazine.



BOOKS LOVED BY SAVING HOPE STAR

Julia Taylor Ross, Star of CTV's Saving Hope shares her thoughts on the books that have influenced her the most.

Saving Hope airs Thursdays at 9 p.m. on CTV and the CTV GO app.



James and the Giant Peach

James and the Giant Peach is one of the earliest books I remember being read to me and then reading myself. I, like many children, adored Roald Dahl and his dark, twisted, whimsical writing. James is the story of a lost, sad young boy who flies aboard a giant

magical peach to New York City, away from his evil aunts. On his journey he makes the (greatest) friends of his life. This book is about finding your community, the power of imagination and the hope of a better life. And, of course, fruit!



Light Years

James Salter died this year and many people are now realizing what an undercelebrated writer he was during his lifetime. This book is about a marriage that spans several decades. It is romantic, devastating, heartwrenchingly honest, dazzling in its visual descriptions and so sophisticated in its phrasing.

The novel is set in upstate New York by the Hudson River a place that I find very magical and that holds many fond memories for me personally. It probably has the highest number of dog-eared passages of any of the novels I have read, and has the most poetic descriptions of food and drink.



Letters to a Young Poet

I can imagine this is on many peoples' favourite books lists. It's a treasure of collected letters that span five years, sent by the poet to a 19-year-old fan. I return to it over and over again when I need advice about the cre-

ative life — how to survive it and grow in it, as well as to read about how to be a quality human. If you're a friend of mine and haven't read it, you have probably already received it from me as a gift, because that is what it is. A gift.



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Entertainment Thursday, January 14, 2016 **27**

Fifty Shades shares lead in Razzies nominations

Pixels, Jupiter Ascending share lead with six nods each

Fifty Shades of Grey is all tied up with Pixels, Jupiter Ascending and Paul Blart Mall Cop 2 for the most nominations at this year's Golden Raspberry Awards celebrating the worst in cinema.

The films led the Razzies lineup Wednesday with six nods each, including worst picture and worst actor for Jamie Dornan in the sexy thriller Fifty Shades of Grey, Kevin James in the comedy sequel Paul Blart Mall Cop 2, Channing Tatum in the sci-fi film Jupiter Ascending and Adam Sandler in the video game mashup Pixels and fantasy-comedy The Cobbler.

The other worst picture nominee is the superhero



Dakota Johnson and Jamie Dornan both earned nominations for Fifty Shades of Grey. HANDOUT

flop Fantastic Four, which is also up for worst remake, screen combo, director for Josh Trank and screenplay for Simon Kin-

berg, Jeremy Slater and The announcement of the Razzies, which launched in 1980 as a spoof of

Hollywood's awards

Channing Tatum vies for worst actor for his role in Jupiter Ascending.

season, comes ahead of Thursday's Oscar nominations. The 'winners" for the 36th annual Razzies will be announced Feb. 27, the night before the 88th annual Academy Awards. They will be selected by 900 voting members from 47 states in the United States and 21 foreign countries.

While far less star-studded than other award shows, past recipients such as Halle Berry and Sandra Bullock, have actually shown up in person to claim their gold spray-painted prizes. THE ASSOCIATED PRESS



Paul Blart Mall Cop 2 ties for most Razzie nods. HANDOUT

THE NOMINEES ARE...

- Worst picture: Fantastic Four, Fifty Shades of Grey, Jupiter Ascending, Paul Blart Mall Cop 2, Pixels.
- Worst actor: Johnny Depp, Mortdecai; Jamie Dornan, Fifty Shades of Grey; Kevin James, Paul Blart Mall Cop 2; Adam Sandler, The Cobbler and Pixels; Channing Tatum, Jupiter Ascending.
- Worst actress: Katherine Heigl, Home Sweet Hell; Da-



Adam Sandler is nominated in two categories. HANDOUT

kota Johnson, Fifty Shades of Grey; Mila Kunis, Jupiter Ascending; Jennifer Lopez, The Boy Next Door; Gwyneth Paltrow, Mortdecai.

- Worst supporting
- actor: Chevy Chase, Hot Tub Time Machine 2 and Vacation; Josh Gad, Pixels and The Wedding Ringer; Kevin

James, Pixels; Jason Lee, Alvin and the Chipmunks: Road Chip; Eddie Redmayne, Jupiter Ascending.

Worst supporting

actress: Kaley Cuoco-Sweeting, Alvin and the Chipmunks: Road Chip and The Wedding Ringer; Rooney Mara, Pan; Michelle Monaghan, Pixels; Julianne Moore, Seventh Son; Amanda Seyfried, Love the Coopers and Pan.

JOHANNA SCHNELLER WHAT I'M WATCHING

Royal treatment: Hurley natural as bawdy queen



Elizabeth Hurley as Helena, Queen of England, in The Royals, CONTRIBUTED

THE SHOW: The Royals, Season 1 Episode 6, (E, Crave) **THE MOMENT: The Command**

Helena, Queen of England (Elizabeth Hurley), resplendent in a form-fitting peach lace dress, is upbraiding her new bodyguard in her boudoir. A lower-class American, he lied about his background. (And recently stopped having blackmail sex with her daughter, Princess Eleanor. But Helena is blithely unconcerned about that.)

"You've caught me on a good day, Bodyguard," Hurley says, in tones plummier than a plum tree. "I'm melancholy. Î'm stressed. And I'm severely horny. Think you have what it takes to earn my silence?" He unknots his tie. "Don't let's get ahead of ourselves," she says. "Are you familiar with the expression, 'At Her Majesty's pleasure'?" She hikes up her hem, spreads her thighs. He kneels.

Not unlike dear Bodyguard, this show is groin-deep in drugs

and diamonds, fascinators and G-rated filth. In our age of political correctness, it revels in the phrase "spoiled rotten." The characters cannot behave badly enough. The princess is a fashion-plate junkie. The King's brother is a leering, polymorphously perverse ascot wearer. The prince and his bland American girlfriend are "good," and therefore extremely dull; their storyline exists only to be fast-forwarded through.

But the show is Hurley, and she's a royal hoot. At least three times per episode, she announces that she's the Queen of England: "I'm the Queen of England, damn it!" "The Queen of England can't take time off to grieve." "But you're not the Queen of England, are you? I am!" Hurley was born for this role. Even her lip gloss shimmers with glee.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Inner-city living minus the bustle



neighbourhood transit

Just minutes from downtown, it has the amenities and charm of the inner city, minus the hustle and bustle. Located a few blocks from Marda Loop, look for great shopping, restaurants and specialty stores. Beautiful River Park is also just a short bike ride away. It is also close to Elbow River, Mount Royal University and one of the most popular dog park in the city.

Location and

Centrally located near downtown, there are numerous buses and even a train station just a short distance away. Also boasts an impressive Walk Score of 82, and a Bike Score of 100, making it a "Biker's Paradise."

Housing Amenities

Special features include two titled underground parking stalls for most townhomes, 1-2 stalls for each flat with heated underground storage and parking. Features large private and public amenity spaces and distinctive, modern architecture with two Lshaped buildings connected by private interior courtyard.

Project overview

The name pays tribute to its address; 36th Avenue in Altadore, one of Calgary's greatest inner-city communities and original home to the Marda Loop, which is a very walkable and enjoyable community. KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: Altadore 36 **Builder:** Brookfield Residential Architect: Jesse Hindle of **Hindle Architects** Location: 3620 16 Street S.W

Building: 2 buildings, 62 units Sizes: From 562 square feet to 1430 square feet

Pricing: From the low \$300,000s

Suites: 1 and 2-bedroom condos

Status: Construction will begin in early 2016

Occupancy: 2017 Sales centre: 3620 16th Ave

Phone: 403-455-4543 Website: altadore36.com Email: altadore36@ brookfieldrp.com



WAYS TO MAKE YOUR MANTELPIECE A DECOR FOCAL POINT ALL YEAR

When January arrives, even Christmas-loving homeowners might be happy to put away Santa and his reindeer.

But the post-holiday mantel and fireplace can look strangely bare.

A well-decorated fireplace - even without a wood-burning fire inside — can be the perfect source of cheerful style and warm glow throughout the first weeks of the new

Here, interior designer Cathy Davin, HGTV stylist Meg Allan Cole and interior designer Mallory Mathison share their ideas. THE ASSOCIATED PRESS

1 Keep the winter theme

Davin believes in celebrating winter even after the holidays are over. She removes red poinsettias, but keeps white ones and white cyclamen around her fireplace. And she continues lighting white and gold candles on the mantel. She also encourages clients to keep tiny white lights in their living space for a warm glow throughout January.

Get crafty

Your mantel is the perfect place to get creative. Cole suggests seeking out craft projects that use votive candles (she offers some ideas at hgtv.com).

Look inside

If you're not using your fireplace for a fire, use that space decoratively by filling it with candles or other items. Just remember to keep things looking reasonably natural. "The 'go-to' is a bundle of clean, pretty birch logs that are arranged as if they are waiting to be lit," Mathison says. "I love to

use andirons and then stack the birch logs in a pyramid." Some designers fill the firebox area with small bookshelves or other unexpected items. Mathison prefers not to: She thinks using decorative items that aren't made to be in a fireplace can "feel forced and contrived."



metr
HOME
Thursday, January 14, 2016
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Take it to the lux level

BATHROOMS

The right fixtures and lighting give a hotel feel

What makes a great bathroom, one perfect for prepping and primping?

A well-considered combination of fixtures, lighting and amenities — the kind we often first experience in a really nice hotel

"Bathrooms are the most private parts of our homes. They're also the most private parts of hotels, our 'homes away from home," says Los Angeles author Anneli Rufus, who has written travel books among others. It's the sense of a space that's exclusively ours that's appealing, she says, enhanced by fittings and fluffy towels.

We often want to recreate that luxury-hotel experience when we return home, says Paul Flowers, chief design officer for Lixil, the Tokyo-based parent company of higher-end, bath-product brands like DXV and Grohe. The bath-room, he says, "is moving from a rational space for cleaning and grooming into an emotional space for relaxation and contemplation."

Some ways to bring the hotelstyle bathroom home:

Light the way

Flicking on that hotel bathroom light switch is often where the magic begins: Complexions look healthier, skin smoother.

"Typically, the best type of lighting is layered, because it addresses the bathroom's different lighting needs," says interior designer Jessica Shankman of Laurel & Wolf in West Hollywood, California.

"I always recommend installing a dimmer to control the light output and create a different atmosphere in the room," she says. That might mean bright lights when you get dressed, for instance, and soft lighting while you soak in the tub.

For makeup application, task lighting's your best friend, she says: "I suggest mounting wall sconces on either side of the mirror to provide shadow-free lighting on the face."

Warm and welcoming

Sheila Schmitz, editor at the homes website Houzz.com, sees a trend toward treating the bathroom as more of a "living room."

"Our users love it when they see a bathroom warmed up with vintage and furniture-like details," she says. "Console tables, comfortable chairs, and new or repurposed dressers make a bathroom feel more like a living space than just a place to wash up."

Chameleon Concepts offers bespoke wall-mounted vanities with or without decorative legs. Select your style and finish, and then add a front panel insert like patterned paper, faux leather, mosaic or marble. Philippe Starck's Cape Cod vanity features a vessel sink perched on a walnut, oak or beech wood slab, hewn to resemble driftwood. A co-ordinating free-standing bathtub is crafted of a new material with a satin finish and soft feel.

Undulating curves on the Onda collection of vanities and counter basins have a sensuous and playful vibe.
THE ASSOCIATED PRESS





This free standing tub is made of a newly-developed material that has a soft feel that's warm to the touch, while a monochromatic white palette gives the space an elegant vibe. COURTESY DURAVIT



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Curves bring an interesting new and sophisticated silhouette to bathrooms. COURTESY HASTINGS TILE & BATH

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IN BRIEF

Chile's Alejandro Aravena wins the 2016 Pritzker Prize for Architecture

Alejandro
Aravena of
Chile has
been selected as
the Pritzker
Architecture
Prize Laureate for 2016.

Since 2001 Aravena has been the executive director of the Santiago-based ELEMENTAL "Do Tank." The organization focuses on projects of public interest and social impact, including housing, public space, infrastructure and transportation. ELEMENTAL has designed over 2,500 low-cost social housing units.

Aravena's firm is known for its use of a participatory design process, in which the architects work closely with the public. ELEMENTAL employs an innovative approach to low-income housing that is called "incremental housing". This involves designing what they call "half a good house," leaving residents space to complete their houses themselves. AFP

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Change home, change yourself

IMPROVEMENTS

Resolve to create a happy space with these tips

Every year, we declare our intention in January: We're going to be, in so many words, better.

Whether that means a little change or a major overhaul, this is the designated time to do some life maintenance and make a few overdue upgrades.

How does that look when applied to your home?

Not all that much different. Here are three expert-recommended resolutions for a happier abode in 2016.

Look great for less

An extreme makeover is tempting for the new year, yes — but it's also expensive. Before you whip out that holiday-heavy credit card and redo your living room, consider some cheaper alternatives, suggests Denise Sabia, the designer and blogger behind ThePaintedHome. com, a site that offers DIY tips.

nsider some cheaper with new pillows and throws,' she says.

Discover a new passion A good resolution results in an

date and freshen up my old sofa

tion brings about a new habit.

So while a shiny new kitchen is a worthy goal, it's messing up that kitchen that will really transform your home.

"Rather than trying to make a resolution, per se, I focus on crafting and perfecting one thing each year," says Gwen Hefner of TheMakerista.com.

"Last year, it was hospitality, and this year, it's food. We're gutting our kitchen in the new year, and I'm hoping the reno-



Rather than trying to make a resolution, per se, I focus on crafting and perfecting one thing each year

> Gwen Hefner, TheMakerista.com

vation will help me find a passion for cooking!"

Focus on what's important

Just like you only have so much time in a day, your basement only has so many square feet.

Free yourself up and get rid of what's not important before another year piles on.

"I already have a lot of goals in place for 2016, but my most attainable and tangible is to purge and organize my home," says designer and lifestyle blogger Marian Parsons of Missmustardseed.com. "I am yearning to simplify and get rid of the things we don't use, need or love, and organize the things we decide to keep."



Splurging on a big new year can be tempting, but DIY improvements can look just as good and be even more personally satisfying. ISTOCK



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STILL SELLING

Mission 34: Mission 34, where urban meets suburban. Over 70 per cent sold, Mission 34 still has units available, but they are going fast. Visit the presentation centre at 98 Mission Rd. SW or online at mission34.ca.

GRAND OPENING

agLAS by Avalon: Don't miss your first chance to see what GLAS has to offer with one-bedroom, two-bedroom and three-bedroom units close to the eclectic lifestyle of Marda Loop. Check out the presentation centre at 102, 1808 27 Ave. SW or visit livingglas.com for more information.

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CANADIAN PROP

Running back Marshawn Lynch is back at practice but the Seahawks wouldn't confirm that he'll play Sunday against the Panthers

Manning back with a little more giddy-up

NEI PLAYOFES

Roethlisberger vows to do what he can to crack Steelers lineup

It looks like Peyton Manning will be the healthiest quarterback in Denver this weekend. His counterpart is nursing a sprained right shoulder and his backup a sprained right knee.

"I obviously haven't played a ton here in the last few weeks,' Manning said Wednesday. "I needed that time in order to get healthy certain parts of my body. At the same time, other parts of your body take advantage of that, right? Not getting hit and not getting pounded on, you try to take advantage of that and feel better for it.'

Manning, who missed the equivalent of seven weeks with a left foot injury, makes his first start since Nov. 15 when the Broncos (12-4) host the sixthseeded Steelers (11-6) on Sunday.

Ben Roethlisberger promises he'll do everything he can to be there for the Steelers. He was injured on a sack by Cincinnati linebacker Vontaze Burfict in the second half of Pittsburgh's 18-16 wild-card win.

Brock Osweiler was injured against San Diego two weeks ago before Manning's epic cameo secured the AFC's top seed and



Broncos quarterback Peyton Manning will make his first start in over two months this Sunday.

earned him his starting job back.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Osweiler worked on the side with strength and conditioning coach Luke Richesson on Wednesday while rookie Trevor Siemian split snaps with Manning. Coach Gary Kubiak said he anticipates Osweiler being healthy enough to serve as Manning's backup against Pittsburgh,

Roethlisberger sat out practice Wednesday with QBs Landry Jones and Michael Vick sharing snaps for the Steelers.

"Î want to be out there (Sunday), unless I'm going to hurt the

I needed that time in order to get healthy certain parts of my body.

Denver QB Peyton Manning

team," Roethlisberger said. "If you can't throw the ball 25, 30 yards downfield, I think you're hurting your team. So, I don't think we put ourselves in that situation. But if we can find any way possible to get out there, whether it's with pain medicine, whatever it is, if I can deal with the pain and make plays, even if I have to be in a lot of pain the next day, then I'll deal with it."

Manning is healthy enough to run Kubiak's offence from under centre like he did on 40 per cent of his snaps against San Diego. He mostly worked out of the pistol or shotgun formations earlier this season when he was dealing with a torn plantar fascia in his left foot. It's an injury he figures won't be 100 per cent until the off-season.

THE ASSOCIATED PRESS

COC to implement recommendations

The Canadian Olympic Committee says it will implement all of the recommendations from a third-party workplace review of its handling of the Marcel Aubut affair.

Aubut stepped down as COC president last year after women accused him of sexual harass-

A report from employment law experts Rubin Thomlinson identified gaps in the area of human resources systems and processes and recommends wide-



The COC Board says it has approved the hiring of senior and designated human resources leadership to ensure a safe and healthy environment.

spread changes to the COC to 'significantly strengthen workplace policies, procedures, and governance." THE CANADIAN PRESS



🛑 IN BRIEF

Young arson survivor invited to meet Ronaldo

Real Madrid said Wednesday that it has invited a young Palestinian boy who is the sole survivor of a West Bank arson attack last summer to visit the team and meet star player Cristiano Ronaldo

The five-year-old boy is still recovering in an Israeli hospital from the July 31 fire that killed his 18-month-old brother and their parents.

THE ASSOCIATED PRESS

FIFA fires secretary general

FIFA has fired Jerome Valcke for the second time, cutting ties with the secretary general four months after he was suspended while under investigation for wrongdoing at the scandal-scarred governing body. THE ASSOCIATED PRESS

Spieth signs endorsement deal with Coca-Cola

Jordan Spieth has an endorsement with another major company, signing on with Coca-Cola as a brand ambassador.

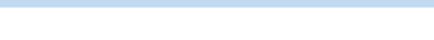
The world's No. 1 golfer now has two Fortune 100 companies for endorsements. The other is Dallasbased AT&T.

THE ASSOCIATED PRESS

Canucks demote Higgins after he clears waivers

Vancouver Canucks forward Chris Higgins cleared waivers Wednesday and was assigned to the Utica Comets of the American Hockey League.

The Canucks placed Higgins on waivers Tuesday, two days after the team released a statement stating it was actively trying to trade him. THE CANADIAN PRESS



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metr SPORTS Thursday, January 14, 2016 33

Lowly Jackets sink Leafs

NHI

Low-scoring Toronto helps out Columbus

Rookie Joonas Korpisalo made 41 saves as the last-place Columbus Blue Jackets snapped a four-game losing skid with a 3-1 win over the Toronto Maple Leafs on Wednesday.

Korpisalo, 21, entered with

WEDNESDAY in Toronto

3 JACKETS

just one win in six starts this season and was carrying a 3.69 goals-against average and .882 save percentage. Boone Jenner, Alexander Wennberg and Brandon Dubinsky scored for the Blue Jackets (16-25-4). Brad Boyes scored for the Maple Leafs (16-18-7), who have just two goals in their past three outings — all losses. Toronto's James Reimer stopped 19 of 21 shots in defeat.

Columbus opened the scoring when Jenner tipped a Seth Jones point shot from the high slot past Reimer at 15:08 of the first period. William Karlsson put the first one on net for Columbus at 7:03. Columbus made it 2-0 late in the period when Toronto

couldn't get the puck out of its own end and Scott Hartnell took control of it behind the Leafs net.

Boyes put Toronto on the board with 2:27 to play in the third, with Reimer on the bench for a sixth attacker, but Dubinsky added an empty netter in the final seconds to seal the two points. THE CANADIAN PRESS

Go to metronews.ca for coverage of Wednesday night's Flames game.



Leafs' James Reimer makes a stop on Jared Boll as Martin Marincin defends. steve RUSSELL/TORSTAR NEWS SERVICE

PRISO

Ex-CFLer Phillips found dead in cell

Lawrence Phillips, a star running back at Nebraska and first-round NFL draft pick whose pro career quickly unraveled amid disciplinary problems, was found dead in his California prison cell on Wednesday, and officials said they suspect suicide.

In the CFL, he played for Montreal in 2002 and helped the Alouettes win the Grey Cup. He spent part of the 2003 season with the Stampeders. Guards at Kern Valley State Prison found Phillips, 40, unresponsive, and he was taken to an outside hospital. He was pronounced dead about 1:30 a.m., the Department of Corrections and Rehabilitation said.

Phillips went to prison in 2008 on a sentence of more than 31 years after he was convicted of twice choking his girlfriend in 2005 in San Diego and of driving his car into three teens later that year after a pickup football game in Los Angeles.

He had been housed alone in a segregation cell since April 2015 after he was suspected of killing his cellmate. A Kern County judge had ruled Tuesday that there was enough evidence to try



Lawrence Phillips
OTTO GREULE /ALLSPORT

Phillips in the death of Damion Soward, 37, the cousin of former University of Southern California and NFL wide receiver R. Jay Soward.

Coincidently, a court-appointed suicide prevention expert commended the state corrections department in a report Wednesday for recent steps it has taken to combat what has been a chronic problem. Lindsay Hayes said the number of suicides and the suicide rate appeared to have decreased slightly during the last two years. However, he noted several continuing problems with suicide prevention efforts at the prison where Phillips died.



CFL IN BRIEF

Jones returns as B.C. Lions' offensive co-ordinator

Khari Jones is back as the B.C. Lions' offensive co-ordinator. The team announced Jones's return to the position he held in 2014 on Wednesday. He served as the club's receivers coach last season and will also coach the club's quarterbacks this year.

Mark Washington also returns for his third season as B.C.'s defensive co-ordinator. "I'm pleased to have Khari and Mark leading their respective units next season," Lions head coach/GM Wally Buono said in a statement. "They're both coaches who have been part of championship staffs in the past."

Beaulieu signs three-year deal with Alouettes

Canadian fullback Jean-Christophe Beaulieu signed a three-year contract with the Montreal Alouettes on Wednesday. The six-foot-three, 220-pound native of Trois-Rivieres, Que., was scheduled to become a free agent next month.

Beaulieu started all 18 regular-season games with Montreal last year, registering five catches for 65 yards and a TD. The former Sherbrooke star helped tailback Tyrell Sutton rush for a league-high 1,059 yards.

"We look to get him (Beaulieu) more involved in the offence in 2016," Als coach Jim Popp said. THE CANADIAN PRESS

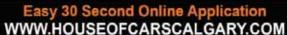




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metr#PLAY Thursday, January 14, 2016

RECIPE Ginger Pork Noodles



Ceri Marsh & Laura Keogh For Metro Canada

This light and brothy pasta marks a fresh break from your same-old pasta bolognese. And the bright snap peas remind us that spring will come eventually.

Ready in

Prep time: 20 minutes Serves 4

Ingredients

- 250 g rigatoni or egg noodles
- 2 Tbsp olive oil
- •1 cooking onion, chopped
- 1/2 cup mushrooms, chopped • 500 g ground pork
- · 8 cloves garlic, minced
- · 2 Tbsp ginger, minced
- Salt and pepper
- •1 cup sugar snap peas (or other crunch green)

2 1/2 cups chicken stock

• 2 Tbsp spring onions, chopped •1 Tbsp fresh cilantro

Directions

1. Make pasta according to instructions and set aside.

2. Heat olive oil in a wok or deep skillet over medium heat. Soften chopped onion for 3 minutes. Add mushrooms, and once softened add minced pork.

3. After pork is cooked add garlic and ginger. Season with salt and pepper to taste. Stir and cook for a couple of minutes, then add sugar snap peas. Pour stock over pork mixture, which will make it soup-y. Add chopped spring/green onion and stir until blended. Ladle over the noodles and garnish with cilantro.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Pomp 6. Audi models 9. Q. "What Beatles song goes 'Treasure these few words...'?" A. "It's known __ '_._. Love You'." 14. "Big improvement!": 4 wds. 17. One of the National Gallery of Canada's collections: 2 wds. 18. Obscure 19. Sass 20. Hairstyling goo 21. Ancient war god 22. Here: French 23. Do the foxtrot 27. Title for a Miss, in Madrid [abbr.] 29. Music trio. e.a. 32. Back 33. Crispy appetizers topped with cheese: 2 wds. 37. Tavern drink 40. First three words of a hoping-to-berescued person's promise to his or herself... 41. Director Spike 42. Canadian politician like Thomas Mulcair: 2 wds. 44. Leg joint 45. Time off, slang-style 46. Pinnacle 50. Dwells on 52. American battleship letters 55. Website's main page

57. Type of bird

60. "From here

59. 'Proverb' suffix

16 17 18 19 20 22 30 28 40 44 45 50 59 60 84 65 66

.": 2 wds. 61. Higher food costs mean it will be more expensive for this in 2016: 2 wds. 66. British actor who played Chief Inspector Armand Gamache in "Still Life: A Three Pines Mystery", a

2013 TV adaptation of Canadian author Louise Penny's work: 2 wds. 67. Articulate 68. Art Garfun kel's partner ...his initials-sharers 69. Ladies

DOWN

6. Theme

1. __ Sketch 2. Sunday performers 3. Visiting-a-planet craft 4. Certify 5. Literary monoaram

7. Escaping-thewinter-cold vacations: 2 wds. 8. Sun. address 9. Ventilated 10. Canadian band with the 1972 hit "Wildflower" 11. coat 12. Lady's man

13. TV Cousin 15. Nero's 2051 16. Time delay 24. Mr. Peart of Rush 25. Tapdancer's prop 26. Gaelic 28. Cap-_-_ (From head to toe) 30. Mix 31. Explosive star 34. Beatles: "Being for the Bene-35. Common noun suffix 36. __ date (Plan the wedding) 37. Cross of ancient Egypt 38 Ms Horne 39. Water carrier 43. New Wave band, _ Mode 47. Well-being expert Deepak 48. Canadian broadcaster Ms. Deol who famously hosted "Electric Circus" on MuchMusic 49. Marshall Mathers' alias 51. _ campaign (Political ploy, perhaps) 53. Montreal-born humourist Mort, and surnamesakes 54. Swill 56. Bridge builders, briefly 58. Samovar 61. Wildebeest 62. Scoundrel 63. Canuck cap. 64. Baby dog's cry 65. Cooking spray brand

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Push yourself today. Make a special effort to get things done on time and to a high standard. You're sure to be rewarded and employers will think more highly of you in future.

Taurus April 21 - May 21 No matter how much you may desire something once you have got it you will realize it was not what you wanted after all. The fact is you are searching for something deeper, so look inside your head and your heart.

I Gemini May 22 - June 21 Don't just sit and watch the world go by, get out there. Choose your friends carefully but don't get so hung up on other people's worth that you don't leave time to have fun-

Cancer June 22 - July 23 Someone you do business with may use unfair methods and tactics but don't lower your standards to keep up. You may be at a disadvantage in the short-term but over time your reputation will work in your favour.

Leo July 24 - Aug. 23 There are so many things you want to do but you're human and have to consider your limits. Focus only on the things that really matter. Talk only to people who matter as well.

Virgo Aug. 24 - Sept. 23 Get that pent-up emotion out of your system. Try something that makes you work up a sweat, something you can do on your own — team sports could end in fights.

Libra Sept. 24 - Oct. 23. Be honest about your feelings today. If you don't deal with bad emotions now they will hold you back later. If you're working on a team you need to get past the personal.

Scorpio Oct. 24 - Nov. 22 If you fear the worst today it will most likely happen. If you expect the best you will be pleasantly surprised. The Sun's link with Mercury, planet of the mind, means that good thoughts willlead to good things.

Sagittarius Nov. 23 - Dec. 21 Don't let money matters and other materialistic issues take over your life. Move past worldly things and discover the riches to be enjoyed in feelings that come from the heart.

Capricorn Dec. 22 - Jan. 20 If your sixth sense tells you to stop what you are doing and check the details again, listen to it. Mercury in your sign heightens your perception but may also distort things a little, so err on the side of caution.

Aquarius Jan. 21 - Feb. 19 Cosmic activity in the most sensitive area of your chart suggests that vour behaviour will be criticized today. If you're smart you will heed the protests and change your ways.

Pisces Feb. 20 - March 20 No matter how weighed down by responsibilities you are you must find ways to get away from your everyday environment. Do only what makes you feel good about yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4		5		9		
	8		2				7	
6	1		2		4		5	2
		6				2	5	
7				3				1
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	3				7		9	
		5		8		1		



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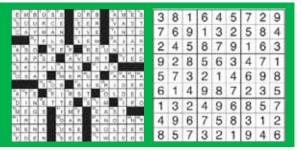
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